

ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED	2:00pm - - Games Galore - 2 & 3	10:30am - Upper Body Fitness- 3 2:00pm - - Games Galore - 2 & 3	9:30am - Catholic Visits - 1:1 11:00am - Bingo - 2 2:00pm - - Games Galore - 2 & 3	10:30am - Seated Workouts - 3 2:00pm - - Games Galore - 2 & 3	10:30am - Sit & Be Fit - 3 2:00pm - - Games Galore - 2 & 3	2:00pm - - Games Galore - 2 & 3
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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					11:00am Music w/ Lise -3 3:00pm - Current Events - 2 6:45pm - Friday Night Movie - 2&3	10:00am - Upper Body Fitness- 3 10:30am - Circle of Friends 3 4:00pm - Afternoon Matinee -2 & 3 6:45pm - Saturday Night Movie - 2
11:00am- Bingo - 2 3:00pm - Current Events- 2 3:30pm - Glamour Nails-3 6:45pm - Sunday Night Classics - 2 Daylight Saving Time Ends	10:00am - WU: Music Therapy Visits - 1:1 11:00am - WU: Color a Smile - 2 3:00pm - Music w/ Ted Pickett - 3 6:45pm - Monday Night Movie - 2	11:00am -Devotions & Hymnals -3 3:00pm - Circle of Friends 6:45pm - Comedy Classics Video- 2 &3	10:30am - Lower Body Fitness -2 2:30pm - Cookies & Hot cocoa social- 3 3:00pm - -Resident Council Meeting - 3 6:45pm - "The Golden Girl's" - 2&3	11:00am - WU: Interactive Storytelling - 3 3:00pm - WU: Creative writing - 2 6:45pm - Family Classics Video-2	11:00am - Current Events -3 4:00pm - Musical w/ Jon - 3 6:45pm - Friday Night Movie - 2&3	10:00am - Upper Body Fitness- 3 10:30am - Circle of Friends - 3 4:00pm - Afternoon Matinee -2 & 3 6:45pm - Saturday Night Movie - 2 &3
3	4	5	6	7	8	9
11:00pm - Bingo - 2 3:30pm - Glamour Nails 6:45pm - Family Movie Classics - 2&3	10:30am - Morning Stretch- 2 11:00am Arts & Craft- 2 4:00pm - Coffee Social - 2 6:45pm - Monday Night Movie - 2	11:00am -Devotions & Hymnals -3 3:00pm - Music w/ Toby Hanson -3 6:30pm - WU: Pet Therapy Visits - 1:1 6:45pm - Comedy Classics Video- 2&3	10:30am - Lower Body Fitness - 2 3:00pm - Fall Social- 2 6:45pm - "The Golden Girl's" - 2&3	11:00am - WU: Laughter Therapy - 3 3:00pm - WU:Armchair Travel- 2 4:00pm - Crossword Puzzle - 2 6:45pm - Family Classics Video - 2&3	11:00am Music w/ Lise -3 3:00pm - Current Events - 2 6:45pm - Friday Night Movie - 2&3	10:00am -Upper Body Fitness- 3 10:30am - Circle of Friends - 2 4:00pm - Afternoon Matinee-2&3 6:45pm - Saturday Night Movie - 2&3
10	11	12	13	14	15	16
10:15am - WU: Simple Cooking - 2 3:00pm - Coffee Social - 2 3:30pm - Glamour Nails 6:45pm Family Movie Classics-	10:00am - WU: Music Therapy Visits - 1:1 11:00am - Music w/Patrick - 3 2:00pm - Games Galore - 2 & 3 3:00pm - WU: Watercolor - 2 6:45pm - Monday Night Movie - 2	11:00am -Devotions & Hymnals -3 3:00pm -Circle of Friends 6:45pm - Comedy Classics Video- 2&3	10:30am - Lower Body Fitness -2 3:00pm - Music w/ Ted Pickett - 2 4:00pm - Word Search - 2 6:45pm -"The Golden Girl's"- 2&3	11:00am - WU: Interactive Storytelling - 3 2:30pm - Family Support Group - 2 3:00pm - Remember When-3 6:45pm - Family Classics Video - 2&3	11:00am -Current Events -2 3:30pm - WU: Music for Life -2 6:45pm - Friday Night Movie - 2&3	10:00am -Upper Body Fitness - 3 10:30am - Circle of Friends - 3 4:00pm - Afternoon Matinee -2 & 3 - 2 6:45pm - Saturday Night Movie - 2 &3
17	18	19	20	21	22	23
11:00am- WU: Bible Read -2 3:00pm -Brain Game - 2 3:30pm - Glamour Nails 6:45pm - Family Movie Classics - 2	11:00am - WU: Watercolor - 2 2:00pm - Card games - 2 3:00pm - Coffee Social - 2 6:45pm - Laugh w/ "I Love Lucy" -2	11:00am -Devotions & Hymnals -3 3:00pm - Circle of Friends -3 6:30pm - WU: Pet Therapy Visits - 1:1 6:45pm - Comedy Classics Video- 2 &3	10:30am -Lower Body Fitness - 2 3:00pm - Travel Group- 2 6:45pm - "The Golden Girl's" - 2&3	12:00am - Thanksgiving Feast - 3 3:00pm - Afternoon Matinee-2 &3 6:45pm - Family Classics Video - 2&3	11:00am -Current Events -3 3:00pm - Snack & Yak Social - 2 4:00pm -Current Events -3 6:45pm - Friday Night Movie - 2 &3	10:00am -Upper Body Fitness - 3 10:30am - Circle of Friends - 3 4:00pm - Afternoon Matinee -2 & 3 - 2 6:45pm - Saturday Night Movie - 2 &3
24	25	26	27	28	29	30

*****Activity Programs are subject to change without notice***
See Daily Flyers on 2nd and 3rd floors.**

NOVEMBER 2019

The Springs

ACTIVITY LOCATOR KEY

All programs will be held in the 2nd floor dining room, unless posted otherwise.

2= 2nd floor dining room
3= 3rd floor dining room

WU = Watermark University
Vid = Video
1:1 = By appointment only